GREAT DEALS ON PAGE 20 Varsity

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Calgary metro

Your essential daily news ... 27, 2016 High 23°C/Low 12°C Scattered Thunderstorms

Brevity the soul of Baroness von Sketch Show
metroLIFE

CALGARY SAFE FROM MOSQUITOES

Dry weather – and city's own mosquito hunter – to thank for slapless summer days
metroNEWS

Key clause a thorn for NDP

CARBON LEVY

Party says it was unaware of offloading energy option

Jeremy Simes
For Metro | Calgary

Deputy Premier Sarah Hoffman admits the government wasn't aware of the "Enron clause" when drafting its carbon levy legislation.

On Monday, the government announced it's going to court to challenge the clause — which lets power companies offload money-losing contracts if government actions make them unprofitable — as the NDP says it will saddle consumers will billions of dollars in losses from coal-fired power agreements.

In an interview, Hoffman said the government would have gone to court sooner if they were aware of the clause.

"These three words could have $2 billion tossed on Albertans' bills. We're not going to stand for that."

That $2 billion is loss that will be assumed by the Balancing Pool, which is funded by residential and commercial electricity consumers.

Enmax, Trans-Canada, AltaGas and Capital Power — which have announced their intention to terminate their power-purchasing agreements (PPAs) for coal-fired electricity — have cited the government's increase to the carbon levy on large emitters.

Enmax said in a statement the PPAs were intended to be respected for a 20-year period by an industry that has paid nearly $3 billion for them, where proceeds were returned to Albertans via credits on their electricity bills.

"The Government of Alberta should have known about the implications of its actions," Enmax said.

Mayor Naheed Nenshi backed Enmax. "This suit is outrageous," he told reporters. "We have the spectacle of the provincial government suing itself because apparently it didn't know its own policies that have been in place for 15, 16 years and that Enmax has been abiding by."

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(including partnerships and wholesale)
Profits from Sales & Wholesale $228,750
"We have also made around 20k just in referral fees for Hard Money referrals"
Pending Sales - 4 Deals
On Market - 3 Deals
Deals Under Rehab - 4 Deals
Projected Profits - $2,650,000
That's 22 Deals total since they went to Bus Tour Sept 2014

MELVA & LEON

1st Property made $37,328
2nd Property made $52,865
3rd Property made $100,105
Total of $190,298 in profit in 6 months. Since then...
2 Cash Flow properties at $2,500/mth

JOHN COOKSEY

Attended Bus Tour Sept 2014
4 Properties purchased first 6 mths
1st Flip - profit $5,000
2nd Flip - profit $8,000
1 in construction - estimated profit $80,000
1 Commercial Property (4 commercial spaces, 17 residential) - estimated Cash Flow $34,000/mth
1 Purchased Duplex - $800/mth

Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

metro NEWS

Your essential daily news

One of two killers of French priest was wearing electronic surveillance bracelet. **World**

‘Use bathroom of birth gender’

MEDICINE HAT

Bar posts sign weeks after woman denied use of facilities

Helen Pike
Metro | Calgary

You must use the bathroom of your birth gender.

That’s what a sign posted by management at the Corona Tavern in Medicine Hat, Alta., read two weeks after River Rising had a problem at the bar.

The Calgary woman who has used the women’s bathroom since her teens, was denied entry into the establishment’s restroom.

“They wanted to escort me into the men’s washroom,” Rising told Metro. “I haven’t used a men’s washroom since I was 16 years old. I have breasts, I’ve been going through my transition for a while.”

A friend who lives in Medicine Hat brought the sign to Rising’s attention. After it was posted on Facebook, the image was shared hundreds of times.

In a press release issued by the tavern, the nightclub apologized for the sign, saying they “never had intention of making any human being feel unsafe.”

“We want to be responsive to legislation and are looking for a solution to address this, including the option of a private bathroom,” the statement read. “We have no bias against those who are LGBTQ, and in fact, have always been proud to serve this population within our business.”

According to the release, the tavern has had “numerous complaints,” since Bill 7 was passed about men who are not trans entering the women’s bathroom. Patrons reportedly felt unsafe and threatened as a result.

Rising similarly felt threatened by her experience. She said their bouncers began asking her personal questions about transitioning, whether she’s had surgery; questions she said have nothing to do with her bathroom use.

“It’s completely wrong,” said Rising. “It made me feel hurt, isolated … they couldn’t kick me out of the bar for being trans because it made them feel uncomfortable, they made me feel uncomfortable so I would leave.”

In a way, Rising said she’s glad this happened to her, and not someone who could have been triggered into self-harm, depression, or even suicide.

“It’s not OK, it’s illegal and it’s completely inappropriate.”

Rising is now looking into a formal complaint process against the bar.

Metro called Corona Tavern and left messages with staff asking for a response from management, but those calls haven’t yet been returned.

IDENTIFICATION

Doctor’s letter and affidavit to change sex for ID

- River Rising said she has a document explaining her gender, but never thought to bring it with her to a bar. In Alberta, those looking to change their sex on their ID cards can submit an affidavit and a doctor’s letter, an amended record of birth or an amended birth certificate.
- The College and Physicians of Alberta don’t oversee or regulate the practice, as it falls under the discretion of local clinics.

River Rising was denied entry to the bathroom of her gender expression at the Corona Tavern in Medicine Hat. Two weeks later her friends showed her this sign, which was posted after the incident. AARON CHATHA/METRO

KANANASKIS

Province warns of bears

The Alberta government has issued a bear warning for the popular Kananaskis recreation area west of Calgary.

Alberta Parks says due to an excellent berry crop there is an increased chance of encountering bears on trails or near park facilities.

Earlier this month nearby Banff National Park issued a similar warning, advising people that both black and grizzly bears are easy to surprise when they are busy eating berries.

Park staff say berry bushes are found throughout the area often bordering trails, roads and campgrounds.

Last week a woman was bitten on the arm by a mother grizzly trying to protect her cubs at a backcountry campground northwest of Calgary.

THE CANADIAN PRESS

DRUG BUST

Police seize $200,000 worth of drugs in raid

Calgary police shut down a city drug operation and seized $200,000 in drugs, including fentanyl, after a two-month operation.

Police raided a home in the 6400 block of 4 Street NE two months after receiving a tip in June.

In a traffic stop July 22, police arrested two men and then searched a home where they found a magic mushroom grow op, a cocaine pill press and a pellet gun. Sheldon Tyler Adams, 31, of Calgary is facing several charges. Brandon Sean Carter, 32, is charged with being unlawfully at large.

METRO

Pictured is the last "quick win" project from October 2014. HELEN PIKE/METRO

'Quick wins' return

TRANSIT

First project is queue jump bus lanes on 114 Avenue SE

Helen Pike
Metro | Calgary

Calgary's transit bottlenecks are getting more TLC from administration.

The city is currently looking for a qualified construction company to head up road tweaks in the southeast as part of their "quick win" program to prepare for the Green Line. The first project to be revisited is the queue jump bus lanes along 114 Avenue SE, the lanes will go in each direction at the intersection of Barlow Trail SE.

The "quick win" series was developed as an in-between step for transit users in the deep south as the Green Line infrastructure was being built. Coun. Shane Keating described them as "building blocks" for what would someday become the Southeast Transitway.

When council voted in favour of expediting the Green Line from a bus rapid transit network directly to a light rail system, administrators put the street tweaks on the shelf. Now, as the dust settles they're taking them up again and analyzing which ones still have merit.

"We wanted to make sure we weren't investing money in something that would only be there for the short term," said transportation spokesperson Julie Yepishina-Geller.

Coun. Shane Keating said the "quick win" projects are still necessary.

"It made sense to shelve them at the time, but now it makes sense to bring them back and do some things," said Keating. "These will be permanent in regards to south BRT, or LRT, but they certainly help congestion and help the LRT when it comes."

> **It made sense to shelve them at the time.**
> Coun. Shane Keating, on the "quick win" transit projects

The project won't necessarily give trips a timesaving boost, but will improve on the reliability. It's going to add bus-only turning lanes to the intersection in both directions and pair with a bus-only road that's being provided by a nearby developer at 40 Street SE later this year.

"Right now it takes about 60 to 75 minutes, depending on the day, to get the 302 from the deep southeast to downtown, and the reason that time varies so much is because Deerfoot Trail is not the most reliable of routes," Yepishina-Geller said. "The queue jump will help that."

In 2015, the city was planning to spend $13 million on "quick wins" to help bottlenecks. But Keating said the projects remaining on the list may not add up to that price tag.

Yepishina-Geller said the city is looking at the old proposed projects, and potentially new ones to complete ahead of the Green Line work.

CALGARY POLICE SERVICE

Wage list ranks top earners

Lucie Edwardson
Metro | Calgary

The Calgary Police Service has released its annual sunshine list — detailing the pay grades by rank of all members of the force.

Deputy Chief Bob Ritchie told the Calgary Police Commission Tuesday that CPS presents its earning disclosures in this way to maintain some privacy for their members.

"We have to balance the transparency piece for the public with the privacy part for our members," he said. "We're not naming names or identifying anyone, but obviously there are a few you can figure out because there are so few of them."

According to the data available online from the CPS website and presented to the CPC Tuesday, there are 2908 employees at CPS, 25.86 per cent that are civilian employees and 74.14 per cent sworn members.

The highest percentage of CPS employees (47.56 per cent) earns between $100,001-$125,000 a year. Included in this group are senior constables, sergeants, detectives as well as information technology professionals, supervisors and managers.

CPS said there are only 61 employees (2.10 per cent of all sworn and civilian employees) who earn over $150,000 per year. These included positions such as inspectors, superintendents, deputy chiefs and the chief of police.

The majority of CPS sworn members (58.40 per cent) earn between $100,000-$125,000 annually. There are 53 sworn employees (2. 46 per cent) who earn over $150,000.

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Jim Watts uses a dipstick to look for mosquito larvae and pupae in pond water just outside city limits. BRODIE THOMAS/METRO

Mosquito numbers down, says expert

INSECTS

Prevention program and dry weather credited

Brodie Thomas
Metro | Calgary

Nothing can ruin the great outdoors like mosquitoes.

Cory Letendre has seen plenty of the critters while working as operations manager at the Calgary Minor Soccer Association.

"I remember at Shouldice Athletic Park, if you stopped moving you were swarmed — hundreds were on you."

But that was in the past. Last year and again this year, Letendre has barely noticed the pests.

He suspects it's been the mostly dry weather Calgary has experienced this year, and Jim Watts, the city of Calgary's entomologist, is inclined to agree.

Watts is fairly certain the worst of the mosquito season is now behind us based on their lifecycles. By the end of July, the worst is usually over anyway.

While the dry weather gets some of the credit, Watts isn't afraid to take a bit of the credit, too. He called out two aerial attacks this year. One early in the season and the second last week, after Stampede week's thundershowers.

7
Number of mosquito traps the city uses to get data on the mosquito population.

The spray — known as Vecto-Bac is harmless, unless you're a mosquito, according to Watts, because it's a bacterium rather than a poison. It gets in standing water and affects them in the early stages.

Watts uses many tools to determine when it's time to spray.

"It's a fairly sophisticated program. We have climate models, mosquito development models that we forecast, and all sorts of stuff like that. So I can be sitting at my desk and I've got a bunch of crystal ball stuff."

But a large part of the program is just getting out in the fields and seeing how much standing water there is, and how many larvae are swimming in standing water.

We caught up with Watts at a pond just outside city limits. Using a cup on the end of an extendible stick, he grabbed a sample from the pond and brought it back for inspection.

He pointed out what appeared to be two different bugs, which were in fact mosquito pupae and larvae — different stages of development.

Knocking the population down early is the key, according to Watts, and that's what they did this year.

"It's exponential — it's a logistics function," he said. "If we get a good hit in the spring — which I think we did — we're not seeing much now. So I'll take all the credit."

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Behzad Ahmad fell into the Yoho River on Friday evening during a family picnic. FACEBOOK

YOHO NATIONAL PARK

11-year-old's body pulled from river

Parks Canada staff recovered the body of an 11-year-old boy who drowned in the Yoho River last Friday.

Behzad Ahmad of Calgary was playing on rocks near the river on July 22 when he and another boy fell in the river. One boy was pulled out while Ahmad was swept downstream.

In a Tuesday night press release, Parks Canada said Visitor Safety Specialists had recovered Ahmad's body in the Kicking Horse River, downstream of the Yoho River in Yoho National Park. METRO

SOCIAL MEDIA

Oilsands 'lesbian' ad leads to apology

A gay Alberta man who runs a pro-oilsands Facebook group has apologized for a post that claimed to support "equality" by portraying "hot" lesbians.

"If I could do it over I wouldn't have done it," Robbie Picard told Metro Tuesday.

The post featured a picture of two women kissing, with the text, "In Canada lesbians are considered hot. In Saudi Arabia if you're a lesbian you die! Why are we getting our oil from countries that don't think lesbians are hot?"

The image concluded with the phrase "Choose Equality! Choose Canadian oil!"

The picture was shared more than 1,000 times online and drew stern backlash from dozens of commenters who called it sexist, misogynistic and offensive.

Picard noted he has posted more graphic images on the page in the past, including a photo of two men who were hung for being gay. None of those images have garnered the type of reaction he got Monday.

KEVIN MAIMANN/METRO EDMONTON

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COURTS

Judge overturns sexual-assault acquittal

An Alberta judge who overturned a teenager's acquittal on a sexual-assault charge has delivered a scathing "No means No" lesson to a lower-court colleague and his take on how victims are supposed to behave.

Justice J.E. Topolniski of the Court of Queen's Bench says the trial judge was wrong in his interpretation of the law in the case of a 15-year-old girl who was sexually assaulted by a boy at her high school.

The ruling issued July 21 says the girl initially laughed at the boy's suggestive comments and his grabbing of her buttocks several times in a recorded incident. It says he pushed her into a locker and again grabbed and tried to kiss her but the girl moved and told him to go the opposite way as she turned a corner.

Topolniski says the boy followed the girl, pushed her into a closed doorway and proceeded to touch and try to kiss her as she tried to push him away and fend him off with a water bottle.

The ruling says the girl said "No" and later texted a friend a crying smiley face emoji and an acronym of "laughing my ass off."

"In this case, the trial judge rejected almost all of the complainant's evidence, finding that her actions were inconsistent with non-consensual sexual touching," Topolniski says.

The lower-court judge noted in his decision in April the complainant did not seem dismayed after hearing the boy's disrespectful comments or call for help to a nearby janitor or passerby.

Topolniski wrote: "The word 'No' does not mean 'Yes.' The word 'No' coupled with fending off an attacker with a water bottle does not mean 'Yes.' There is nothing ambiguous about it."

She said the complainant's state of mind after the incident is irrelevant to the question of consent.

In overturning the acquittal, Topolniski convicted the boy. The case will return to youth court.

THE CANADIAN PRESS

Kelly Hofer took photos as a way of expressing himself between the ages of 11 and 19. COURTESY KELLY HOFER

Capturing colony life

PHOTOGRAPHY

Book shows snapshots of ex-Hutterite's experience

Aaron Chatha
Metro | Calgary

Through his new book, Calgary photographer Kelly Hofer offers a glimpse into his upbringing, growing up in a Manitoba Hutterite colony.

He began shooting photos of his unique world at the age of 11 and continued until he was 19, at which point he made the decision to leave the colony and publicly come out as gay.

Now referred to by the community as an ex-Hutterite, the photos represent a very important chapter of his life.

"I guess I was very repressed at that point," he said. "But I didn't feel that way — this was a way of me showing who I was inside through photos."

Now 23, Hofer looked through the roughly 175,000 photos he took during his teen years and chose the most important 240 for the book.

It was a bittersweet experience, sifting through the images.

> **This was a way of me showing who I was inside.**
> Kelly Hofer

"I realize most of those people, I'll never have a relationship with them again," he said. "Because of the way community attitudes are towards runaways and gay people."

Hofer is still in contact with family members and a few friends, but for the most part that part of his life now exists only in the pages of the book, titled Hutterite.

Hofer is planning an official release party on August 6, which will include a Q and A about the book and about growing up as a Hutterite teen.

He said the most common question he gets is in the context of choosing to leave — and the biggest change from living in the colony.

"I would say it's societal norms, like, the way we deal with money. The way we act towards each other. It's a complete shift from Hutterite culture to, especially, gay Calgarian culture, I suppose," Hofer explained.

He will be giving out copies of the book at the event, then will accept orders through a Kickstarter page.

DETAILS

For more information, visit kellyhofer.com/book.

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Animation of the face is, of course, a good thing. Excessive animation, however, causes wrinkles that can eventually become static and permanently etched into our features. Not only can these deep lines ageus in appearance, they can make us appear angry, sad, tired or stressed out when we are, in fact, happy, awake and relaxed. A class of medications known as neuromodulators can relax muscles to create a more relaxed and more youthful appearance.

Neuromodulators are a class of medications which change the way that messaging is conducted between nerves and muscles. Neuromodulators have many uses within medicine including the treatment of chronic migraines, severe underarm sweating, blepharospasm (eyelid spasm), strabismus (misalignment of the eyes when one or both eyes turn inward or outward) and more. Cosmetically, they are used in very small doses to relax muscles that cause excessive animation of the face.

Neuromodulators have a well established safety profile and for cosmetic purposes the dose is very small. Dosing depends on the strength of the muscle, the degree of relaxation desired, the gender of the patient and, of course, the type of neuromodulator being administered. Men generally require higher doses than women because their muscles are stronger.

Neuromodulators are administered by injection. The syringes are so tiny they don't feel like much more than a mosquito bite. Approved and off-label uses for cosmetic purposes include:

Forehead Lines: When the muscles in the forehead are overly strong, it creates vertical frown lines and horizontal lines across the forehead. Relaxing this area is the most common use of neuromodulators.

Crow's Feet: These lines that appear at the outer corners of our eyes when we squint or smile can easily be relaxed.

Eyebrow Shaping: A subtle elevation and arch in the brow can be created to open up the eye.

Lip Lines: Smoking, puckering or just talking can cause lines to develop around our mouth. Relaxing the muscle around the lips is a cheap fix.

Neck Bands: The platysmal bands in the neck tend to become tight, prominent, and stringy in appearance as we age. They can be relaxed for dramatic improvement in appearance. This popular treatment is known as a Nefertiti Neck Lift.

Other uses: Bunny lines on the nose, a gummy smile, a masculine jawline, downturned lips and more.

The cost, which can vary greatly from clinic to clinic, depends on dosing, how many areas are being treated, and the type of medication being administered. Some neuromodulators take effect faster than others and some last longer than others. The cost for maintenance may come down with extended use, as excessively strong muscles will usually weaken over time and require lower dosing. If you use this class of medications to relax excessively strong facial muscles for a few years and then stop, the muscles will gradually strengthen again. Wrinkles and lines will return but will always appear more subtle than they otherwise would have if you have never had them treated.

Administering neuromodulators is an art! The goal is to relax the muscles to smooth out animation lines. Dosing that is too high can freeze features and create a rather odd looking appearance. Moderate dosing, on the other hand, creates a natural, youthful looking appearance that you will love.

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Policing needs to adapt in digital age: Chaffin

SOCIAL MEDIA

Chief addresses issue after two videos posted of arrests

Lucie Edwardson
Metro | Calgary

Calgary police Chief Roger Chaffin said the Calgary Police Service is looking at how they can begin to adapt policing in the age of cellphone videos and social media. He said there is no use "wishing it away."

"Policing needs to adapt to the digital ways of the world," Chaffin told the Calgary Police Commission on Tuesday.

"It does represent a new dynamic for Calgary police — the way social media captures what is happening and the public views it does affect public perception, as they see things they never usually would see and usually it doesn't capture the entire incident, either."

A police officer punches a person they arrested during Stampede Week in Calgary. SCREENGRAB

Chaffin addressed the issue after two videos made waves on social media in the last month.

One took place on 17th Avenue where a man was captured on camera being arrested and hit three times by CPS after an alleged road-rage incident.

The man filming the incident called CPS actions "uncalled for" and "aggressive."

Chaffin said they're looking into the matter and an investigation is being conducted by ASIRT.

"The fellow in the video has been contacted by our professional standards section and he is involved in that," he said.

Chaffin issued a statement a few days after the incident.

"It was slower than I would have liked, but I was comfortable we got the message right," he said.

The second incident took place on the Stampede grounds and began circulating online. The video shows a man being tackled and punched by a group of officers.

The following day CPS issued a statement defending their members' actions.

They explained how the man had been causing problems at the bar and was being escorted off the premises when he reached for an officer's gun, prompting the takedown. They charged the man with resisting arrest and obstruction of justice.

CALGARY TRANSIT ACCESS

New software leads to booking snafus

Helen Pike
Metro | Calgary

Calgary Transit Access customers have been experiencing a bit of a booking snafu; and it's all thanks to a new scheduling and dispatch upgrade.

Over the weekend, Calgary Transit Access launched the new software, which required a system upgrade. The upgrade created service delays, caused call centre volumes to shoot up and — worst of all — rides weren't showing up as scheduled.

> **We're already seeing some improvements. Service is expected to reach regular levels within a few days.**
> Sherri Zickefoose

"That's been a glitch for the past few days," said transit spokesperson Sherri Zickefoose. "We're already seeing some improvements. Service is expected to reach regular levels within a few days."

The technology issues required trips to be rescheduled, and human error contributed to more reschedules, delays and confusion.

"We did bring in extra staff and extra vehicles on the weekend to help with the transition," she said. Staffing level was maintained Tuesday as issues were ongoing and the telephone booking line hours — where many access customers are requesting rides — have been extended to accommodate an increased volume.

Zickefoose said Calgary Transit wants to ensure customers can continue to book ahead, because Calgary Transit Access rides are scheduled beforehand.

The new software was eventually going to offer new features such as online booking and ride arrival time estimates.

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Details emerge in arrest death

OTTAWA

Neighbours say Abdirahman Abdi a 'peaceful person,' quiet

Joe Lofaro
Metro | Ottawa

For the past six years, the owners of the Aljazeera Food and Meat Market in Ottawa's Hintonburg neighbourhood would often see Abdirahman Abdi stroll into their shop to buy phone cards to call his relatives in Somalia or to pick up some food for his family.

"He was a very, very quiet person. A very peaceful person. It was a big shock to me," said Hani — who declined to give his last name — from behind the counter Tuesday morning, still reeling from Abdi's death.

The 37-year-old Somali-Canadian's death on Sunday while in Ottawa police custody following an altercation is sending shock waves across the immigrant community and is now the subject of an investigation by the Special Investigations Unit, a civilian police oversight agency. Several witnesses and family members say he suffered from an unspecified mental illness.

The SIU is currently interviewing two subject officers involved in the incident and five witness officers.

Graphic video footage emerged Tuesday morning on YouTube appearing to show Abdi lying motionless in front of the apartment building's entrance in handcuffs with his T-shirt and face covered in blood. At least one woman can be heard in the video wailing from inside the lobby, while a man tells four Ottawa police officers off-camera, "This is the family. I am the superintendent."

Another YouTube video — which, according to the person who posted it, was shot from the same building's ninth floor — appears to show Abdi moving his legs while he is pinned underneath an officer. In the distance, a man can be heard yelling, "What's wrong with you guys? What the heck?"

Residents express fear

Questions continue to swirl around the nature of Abdi's death, which is making national headlines as the Ottawa Police Service faces backlash for how the event unfolded. Neighbours and fellow Hintonburg residents all say Abdi was a peaceful and quiet man.

Bosco Kiabu, originally from the Democratic Republic of the Congo, lives in the same building as Abdi's family. He said Abdi would often offer to help him brings bags into the building when he bumped into him. He was quiet and was not aggressive, he said.

According to Kiabu, things changed after Abdi returned to Canada from Somalia in early 2016. He was a different person, Kiabu said.

"Before he was good. He was talking," he recalled, before the trip to Somalia. But Kiabu says he noticed a change when Abdi returned from the Somalia trip.

"He was sick in the head. Like mental or something."

The incident has shaken Kiabu.

"I'm very scared. I'm scared when police come very close to me," he said. "That imagination come to me, like, I don't know, if I say any word it can happen like (Abdi)."

Clockwise from right: Abdourahman Kahim, a friend of the family, at a makeshift memorial outside Abdi's apartment building in Ottawa; ice cream shop owner Andrea Stokes writes on a street sign outside her store Tuesday; Kids write RIP with sidewalk chalk outside the building where the altercation took place. JOE LOFARO/METRO

STEPHANE MICHAUD

Abdirahman Abdi case evokes 2005 fatality

Haley Ritchie
Metro | Ottawa

You have to go back 11 years to find another case in which someone died, as Abdirahman Abdi did, after being restrained by Ottawa police.

That's what happened to Stephane Michaud in 2005. And while the circumstances of Abdi and Michaud's deaths are not the same, they are similar in that both died after being restrained by police.

Michaud, a 43-year-old Montrealer, arrived at the Ottawa airport on a one-way ticket from Halifax on the morning of June 5, 2005.

What happened next was the subject of a public inquest by Ontario's Ministry of Health and an SIU investigation.

About an hour after he arrived at the airport, Michaud — who held two university degrees, and who had been diagnosed with schizophrenia five years earlier — began acting strangely, banging his head on the floor and yelling that he wanted to die.

An off-duty RCMP officer and airport staff tried to calm down Michaud, and three men eventually restrained him until Ottawa police arrived.

But they struggled to restrain Michaud. Eventually, he was handcuffed and placed on a stretcher in "prone" position — face down, with his chest to the ground.

He was injected with a sedative and became calm — until a bystander realized his face was turning blue. Paramedics and officers tried to resuscitate Michaud, but he was pronounced dead in the emergency room after arriving at the Ottawa Hospital.

The investigation into Michaud's death started in June 2005 and ended two years later when the results of a 12-day government inquest were made public. Investigators talked to family and eyewitnesses and reviewed surveillance tape to piece together what happened.

Both paramedics and police officers on scene were cleared of criminal wrongdoing.

Michaud's autopsy characterized his death as an accident, but blamed the "prone position" he was placed in for cutting off his air supply.

The inquest made 11 recommendations and criticized first responder training and response time. During the inquest, Alain Michaud, a medical doctor, linked his brother's death to similar incidents across the country where a patient being arrested has gone into "excited delirium" and eventually died after being forced into the prone position.

"I realized there were a lot of people who died in the same way as my brother," he told the Ottawa Citizen in 2006.

In the end, the inquest's recommendations resulted in 38 more paramedics being hired to improve response times, extra training to deal with psychiatric patients and a ban on using the prone position in Ottawa Paramedic Service policies.

The family didn't sue after his death, but Michaud's brother Gilles Michaud told the newspaper that he hoped the results of the inquest would prevent future deaths.

Travis Ames, right, is competing in this weekend's Canadian Drone Racing Championships. Adam O'Brien is the owner of Drone Zone, one of the event's sponsors. KEVIN TUONG/FOR METRO

Get ready for takeoff

TECHNOLOGY

Drone racing championships flying their way into Edmonton

Alex Boyd
Metro | Edmonton

Racing is the next big thing to hit the drone world, and it's coming to Edmonton.

This weekend sees the first Canadian Drone Racing Championship Cup, held in Edmonton, and it's all going down in a custom-built indoor course on the K-Days grounds.

It's one of the first major drone races to happen in Canada.

The course features obstacles such as bends, curtains and nets that drones must navigate, even as they reach speeds up to 160 km/h. The people flying them are seated and wear goggles that allow them to see the feed from a drone-mounted camera as if they were actually flying.

"I've always been into speed and sports, like go-karting and racing dirt bikes," said Travis Ames, one of the almost 30 racers competing for the $1,000 prize this weekend.

"You'll get injured riding dirt bikes, but when you're piloting a drone you can push yourself," he said, "and when you hit the tree and destroy the drone, you're like, 'I'm still alive!'"

Ames started racing about eight months ago and now flies about "10 batteries a day" (because racing drones are so lightweight, a battery only lasts three to four minutes, so pilots tend to measure time in battery packs rather than minutes).

Ames said he's looking forward to the weekend to meet new people and learn from other pilots.

Adam O'Brien, owner of local online shop Drone Zone, the event's title sponsor, said he hopes the event raises awareness for an up-and-coming sport.

IN BRIEF

Pilots arrested on alcohol charges get bail

Two airline pilots charged with being drunk as they prepared to fly a passenger jet on a trans-Atlantic route to Toronto have been granted bail on condition they surrender their passports.

Jean-Francois Perreault, 39, and Imran Zafar Syed, 37, were arrested at Glasgow Airport on July 18, shortly before they were due to fly an Air Transat jet to Toronto. The two men had been held in custody since their arrest.

THE CANADIAN PRESS

Examine origin of Canada's opioid crisis, says minister

It remains a mystery why Canada and the U.S. are the world's heaviest opioid users, but Health Minister Jane Philpott says divining the answer may hold the key to solving what she considers a national public health crisis.

Philpott, a physician herself, said the problem has only grown worse over the last several years as the number of overdoses and opioid-related deaths has continued to grow.

THE CANADIAN PRESS

FINANCE

Banks agree to hand over offshore files

The Trudeau government has won a round in its battle against offshore tax cheats.

Two banks have agreed to give the federal revenue minister information from the accounts of a Caribbean financial institution to help the government crack down on Canadian tax evaders.

The Federal Court of Canada has approved federal requests for seven years' worth of transaction information from the Royal Bank of Canada and Citibank, N.A., related to accounts in the name of Cayman National Bank Ltd.

The Royal Bank and Citibank — neither of which opposed the federal demands — have 120 days to hand over records from Jan. 1, 2009, through Dec. 31, 2015, including account statements, deposit slips, cheques, bank drafts and wire transfer orders.

The Canada Revenue Agency plans to comb through the data to see if residents are using the Canadian dollar accounts, opened by Cayman National Bank, to transfer funds to Canada and avoid reporting taxable income from their foreign holdings.

The move is part of the government's ongoing efforts to fight offshore tax evasion, said revenue agency spokesman David Walters: "The CRA is committed to combating the abusive use of offshore jurisdictions and protecting the integrity of the Canadian tax system."

In this case, the revenue agency has not yet identified Canadians suspected of an offshore tax dodge. However, Letkeman says the agency was alerted to the possible Cayman ruse by a Canadian woman who voluntarily disclosed her dealings through a special program that allows those who come forward to avoid prosecution.

Documents showed the woman's funds flowed from the Cayman Islands — through Cayman National Bank's correspondent account with the Canadian branch of Citibank, N.A. — to a Canadian bank account in her name. THE CANADIAN PRESS

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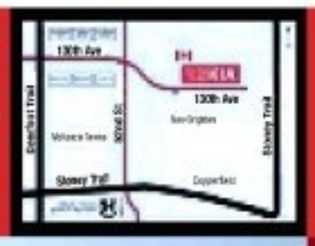

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KIA The Power to Surprise

Killer was being watched

FRANCE

Murder of priest took place while tracking device was switched off

Daesh crossed a new threshold Tuesday in its war against the West, as two of its followers targeted a church in Normandy, slitting the throat of an elderly priest celebrating Mass and using hostages as human shields before being shot by police.

One of the assailants was identified as Adel Kermiche, a 19-year-old who grew up in the town and who had tried to travel to Syria twice last year using family members' identity documents, but was arrested outside France and handed preliminary terrorism charges.

Kermiche was put under house arrest with an electronic surveillance bracelet after a judge overruled prosecutors and agreed to free him, Molins said. However, the bracelet was deactivated for a few hours every morning as part of the surveillance agreement, Molins said — hours that corresponded to the time of Tuesday's attack.

It was the extremist group's first attack against a church in the West, and fulfills longstanding threats against "crusaders" in what the militants paint as a centuries-old battle for power. One of the attackers had tried twice to leave for Syria; the second was not identified.

"To attack a church, to kill a priest, is to profane the republic," French President Francois Hollande told the nation after speaking with Pope Francis, who condemned the killing in the strongest terms.

Two women mourn in front of the city hall of Saint-Etienne du Rouvray on Tuesday. CHARLY TRIBALLEAU/AFP/GETTY IMAGES

The Rev. Jacques Hamel was celebrating Mass for three nuns and two parishioners on a quiet summer morning in Saint-Etienne-du-Rouvray when the attackers burst in and forced the 85-year-old priest to his knees before slicing his throat, according to authorities and a nun who escaped.

The two attackers were killed by police as they rushed from the building shouting "Allahu Akbar," Paris prosecutor Francois Molins said.

Rev. Jacques Hamel. DIOCESE OF ROUEN VIA THE ASSOCIATED PRESS

One had three knives and a fake explosives belt; the other carried a kitchen timer wrapped in aluminum foil and had fake explosives in his backpack.

A statement published by the Daesh-affiliated Amaq news agency said Tuesday's attack was carried out by "two soldiers of the Islamic State" who acted in response to calls to target nations in the U.S.-led coalition fighting the extremist group in Iraq and Syria.

Haras Rafiq, managing director of the Quilliam Foundation, described the attack as a turning point. "What these two people today have done is ... shifted the tactical attack to the attack on Rome ... an attack on Christianity," he said.

He warned that it could "radicalize people from both sides of the communities. Muslim and non-Muslim."

As Europe becomes painfully inured to a summer of repeated bloodshed, the extremists are looking for greater ways to shock, Rafiq said. "This is going into a house of God. This is attacking and killing a priest."

THE ASSOCIATED PRESS

> "To attack a church, to kill a priest, is to profane the republic."
> President Francois Hollande

ASIA

Japan shocked by mass slaying

The killing of 19 people at a home for the mentally disabled raised questions about whether Japan's reputation as one of the safest countries in the world is creating a false sense of security.

The deadliest mass killing in Japan in the post-World War II era unfolded early Tuesday in Sagamihara, a city about 50 kilometres west of central Tokyo, when authorities say a former employee broke into the facility and stabbed more than 40 people before calmly turning himself in to police.

While not immune to violent crime, Japan has a relatively low homicide rate of well under one per 100,000 people. Mass killings usually are seen half a world away on the nightly news, although seven Japanese were among the dead in a recent hostage-taking in Bangladesh that targeted non-Muslims.

Because such massacres are rare, Japan has become overconfident about its safety, a Japanese criminologist said.

For crime prevention, the country relies on its social system in which a group mentality sacrifices individual freedom for collective safety, said Nobuo Komiya, a criminology professor at Rissho University in Tokyo.

As a result, it has neglected risk management, he said.

"Japan has put an emphasis on not creating criminals, but it is reaching a breaking point," Komiya said. "Like in foreign countries, I think institutions need to develop a plan in operational management and prepare for a worst-case scenario, given that criminals are inevitably born."

THE ASSOCIATED PRESS

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Hillary makes history

U.S. ELECTION

Clinton is the first woman to win nomination for president

Breaking a historic barrier, Hillary Clinton triumphantly captured the Democratic nomination for president Tuesday night, the first woman ever to lead a major political party in the race for the White House.

Delegates erupted in cheers as Clinton's primary rival, Bernie Sanders, helped make it official when the roll call got to his home state of Vermont — an important show of unity for a party trying to heal deep divisions.

"I move that Hillary Clinton be selected as the nominee of the Democratic Party for president of the United States," Sanders declared, asking that it be by acclamation.

It was a striking parallel to the role Clinton played eight years ago when she stepped to the microphone on the convention floor in Denver in support of her former rival, Barack Obama.

Hillary Clinton on Monday in Charlotte, N.C. JUSTIN SULLIVAN/GETTY IMAGES

This time, Clinton shattered the glass ceiling she couldn't crack in 2008. And in November, she will take on Donald Trump, nominated last week at the Republican convention in Cleveland.

The second night of the Democratic convention featured former President Bill Clinton, who was taking the stage to deliver a personal validation for his wife. Former presidents often vouch for their potential successors, but never before has that candidate also been a spouse.

Tuesday night wasn't all celebratory. Moments after Clinton claimed the nomination, a group of Sanders supporters left the convention and headed to a media tent to protest what they said was their being shut out of the party. Earlier, several hundred gathered at Philadelphia's City Hall under a blazing sun chanting "Bernie or bust."

Trump cheered the disruptions from the campaign trail. In North Carolina, he told a convention of the Veterans of Foreign Wars that, "our politicians have totally failed you."

Indeed, Clinton's long political resume — secretary of state, senator, first lady — has sometimes seemed an odd fit for an electorate deeply frustrated with Washington and eager to rally around unconventional candidates like Trump and Sanders. Many voters have questions about her character and trustworthiness, suggesting her years in power give her the impression she can play by different rules.

Clinton's campaign views the four-day convention as an opportunity to introduce her to voters anew. Tuesday night featured three hours of speakers who highlighted issues Clinton championed for years, including health care and advocacy for children and families.

Among those pledging support for the Democratic nominee were the "mothers of the movement" — several black women whose children were victims of gun violence. Clinton has met privately with the mothers and held events with them, and they've become an emotional force for her campaign. THE ASSOCIATED PRESS

BILL SPEAKS

Former president Bill Clinton didn't spare the sentimentality as he became the latest big-hitter to speak at the convention.

Hours after his wife secured the nomination, the 47th U.S. president had the crowd cheering at his stories of life with Hillary.

"She's the best darned change-maker I ever met in my entire life," he declared amid stories of her successes as a student, lawyer, mother and public servant. He said Hillary was never satisfied with the status quo. "She just wants to move the ball forward," he said. "That's just who she is." METRO

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The payoff

How to clear your credit-card balance

ISTOCK

Sean Deasy

Everyone has their own way to manage credit-card payments. Some people prefer to pay off their debts entirely each month — but it's not always easy. Here are some practical ways to get there:

Stay on top of your budget, especially discretionary expenses like shopping sprees and nights on the town. As a reminder of what you're spending each month, you can choose to receive a regular text, email or other notification from your credit-card provider, which can include your balance, payments and recent statements.

Automatic payments are a handy tool. The service automatically deducts the amount you wish to pay each month from a chosen account, thus avoiding that last-minute scramble and stress of getting your full payment in on time. You can also try using your credit card like a debit card: only swiping for a purchase if you know you have enough funds in the bank to cover the cost.

Paying off your credit-card balance each month doesn't just save you the interest costs, it also demonstrates your ability to make timely and consistent payments — important factors in assessing your credit rating when it's time to borrow for a major purchase like a home. As a guide, try to keep your balance below 75 per cent of your authorized limit. It's a good habit to get into and the strong credit score will pay off in the long run.

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ISTOCK

Balancing Act

Managing a credit-card balance in a pinch

Sean Deasy

Whether it's a financial emergency or a simple lack of funds, sometimes carrying a balance on your credit card is a necessity. In such cases, it's important to be financially savvy and use your payments responsibly. Try these tips to keep your balance from tipping over:

Before you sign up for a new credit card, look for one with a low interest rate that will keep your carrying costs from ballooning too quickly. Keeping your card's credit limit low will also help keep you from spending more than you can handle.

If you find yourself in the middle of a cash-flow crisis — the sudden loss of a job, for instance, or an unexpected expense like a car repair or appliance replacement — a credit card can be a great tool to help you get back on track. Try to put as little as you can on the card and work toward paying off the balance quickly. A low-interest card can help, as can keeping a close watch on your monthly budget.

“Try to put as little as you can on the card and work toward paying off the balance quickly.

Above all, if you do carry a balance, try not to let it get near your credit limit and take care to avoid making late payments. Both of these can make your credit more expensive and can have a negative effect on your credit rating.

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BlackBerry reveals its new phone

MOBILE DEVICES

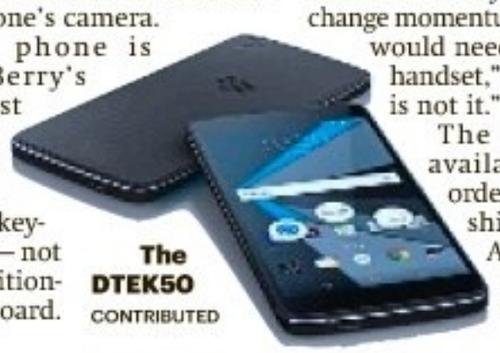
DTEK50 built to fend off cyberattacks, company says

In a bid to once again make its struggling hardware business profitable, BlackBerry is launching a new smartphone billed as the most secure Android device available.

The company on Tuesday unveiled the DTEK50, a phone it hopes will appeal to "everyone" due to the insidious threat that mobile security risks now pose to the public.

BlackBerry said the DTEK50 has been designed to fend off cyberattacks with features such as built-in malware protection and encryption of all user information. In addition, it provides the ability to see and control which apps are allowed access to features like the phone's camera.

The phone is BlackBerry's thinnest and has an on-screen keyboard — not its traditional keyboard.



The DTEK50 CONTRIBUTED

500,000

BlackBerry's smartphone sales in total (including the Priv), according to its most recent quarterly results — a drop of 100,000 over the previous quarter and 200,000 fewer than two quarters earlier.

The DTEK50 will retail for $429, a sign that the company may have learned from the sales flop of its first Android-powered phone, the Priv. At a cost of $899 without a carrier contract, the Priv was released late last year and at the time, it was the most expensive Android phone on the market.

But that price likely won't be enough to win over a large number of customers, said Detlev Zwick, an associate professor of marketing at York University's Schulich School of Business. "If they really want to change momentum, BlackBerry would need a hit with a handset," he said. "This is not it."

The DTEK50 is available for pre-order online, with shipping to start Aug. 8.

THE CANADIAN PRESS

CRAFT BREWERIES

FIRMS TAP INTO A BOOMING BUSINESS

Bartender Catherine Pierluissi walks past a bank of beer tap handles at Sugar Maple in Milwaukee, where there are at least 60 beers on tap. The number of craft breweries has more than doubled in the last five years, making tap handles that go in bars to promote their beers big business. AJS Tap Handles in Random Lake, Wis., is one of the largest makers of tap handles and made some of the handles shown here, including the white O'so Brewing Company handle in front. CARRIE ANTLFINGER/ THE ASSOCIATED PRESS

INTERNET

U.S. lays out response plan for cyberattacks

The White House warned Tuesday of a "revolution" of computer-generated threats to the U.S. stoked by growing cyber aggression by traditional U.S. foes like Russia and North Korea, and issued a colour-coded response plan for the U.S. government to use after major cyberattacks.

Lisa Monaco, U.S. President Barack Obama's homeland security and counterterrorism adviser, said while Russia and China grow "more assertive and sophisticated" online, Iran has attacked U.S. banks and North Korea is showing a willingness to attack companies and countries alike. She also warned that non-governmental actors, like Daesh and "hacktivists," are finding it easy to advance their goals through the internet.

"To put it bluntly, we are in the midst of a revolution of the cyber threat — one that is growing more persistent, more diverse, more frequent and more dangerous every day," Monaco said at a cybersecurity conference in New York.

Aiming to streamline Washington's response to major attacks, Obama released a presidential policy directive that establishes six levels of severity for attacks, a colour-coded system formally used by the Homeland Security Department.

THE ASSOCIATED PRESS

AUTOMOBILE SCANDALS

Investigators say Tesla car speeding at time of crash

The driver killed when his Tesla sedan crashed while in self-driving mode was travelling at 9 mph (about 14 km/h) above the speed limit just before hitting the side of a tractor-trailer, U.S. accident investigators said.

Data downloaded from the Tesla Model S shows the vehicle was travelling at 74 mph (119 km/h) in a 65-mph zone in Williston, Florida, the National Transportation Safety Board said in a preliminary report.

The driver was using the sedan's cruise control and lane-keeping features at the time, the report said.

THE ASSOCIATED PRESS

Volkswagen emissions deal clears its first hurdle

A U.S. judge on Tuesday gave preliminary approval to a nearly $15 billion US settlement over Volkswagen's emissions cheating scandal. The deal includes an option for owners to have the carmaker buy back their vehicles.

The German carmaker has agreed to spend up to $10 billion buying back or repairing about 475,000 Volkswagens and Audi vehicles with 2-litre diesel engines and paying their owners an additional $5,100 to $10,000 each.

The deal does not cover Volkswagens and Audis with 3-litre engines.

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metro VIEWS
Your essential daily news
Wednesday, July 27, 2016

GUEST OP-ED ROBIN V. SEARS DEFENDS U.S. CONVENTION GLITZ

If you had sat in New York when Mario Cuomo gave his 'city on the hill' speech, or in Denver as Obama captivated more than 50,000 souls, you'd have respect for the power of American political showmanship.

It is a predictable four-year ritual for Canadian pundits to sneer at the glitz, showmanship and substance-free style of American political conventions. Those sneerers merely reveal their ignorance of cultural differences.

First, U.S. conventions on television are the tip of a political iceberg. Each day there are more than one hundred caucuses, off-site speeches and parties, parties, parties. Having sacrificed my liver in the interests of political education on more than 10 occasions as a "foreign guest" of both Republican and Democratic conventions, I can attest that they are a powerful and effective political tool.

Yes, we would not feel comfortable being used as a TV audience for four hours for four nights at our conventions. And yes, the glitz and hyperbole and the comedians and stars seem over-the-top to Canadian sensibilities. We are not Americans.

When U.S. visitors sag wearily at our less showbizzy conventions and roll their eyes at our captivating two-hour constitutional debates, we should perhaps honour, not sneer at, our cultural differences. Our respect for those differences is an important glue in our friendship.

If you sat in New York when Mario Cuomo gave his "city on the hill" speech; or saw the unknown state senator from Illinois electrify the 2004 convention in Philadelphia, watched in horror by Hillary Clinton only a few feet away; or sat slack-jawed in 2008 as Obama in Denver captivated more than 50,000 souls, who had waited not less than three hours frying in 30 C-plus heat in a massive stadium — you'd have respect for the power and impact of American political showmanship.

This is not about showbiz, it is about political mobilization. No one can dispute their approach is more effective than ours.

Common to both our convention cultures is bonding — activists who never get to see each other except at these occasions will drink, eat and … spend the night together. Sometimes in ways that form the bonds of party solidarity, sometimes generating the next generation of convention partiers. Alliances are struck; political partnerships are formed. Political wounds are healed over a final 4 a.m. toast in a garbage-strewn empty hospitality suite.

Political parties have a hard time today winning a share of their activists' time and enthusiasm. They compete with Pokémon, Snapchat and preening sports stars for attention. It's partly their fault: They have become too elitist, too exclusive … and worst of all, too boring to a new generation.

Would any Canadian political-convention director have had the guts to risk potty-mouthed Sarah Silverman and Sen. Al Franken doing a comedy routine on opening night? Or risk having a cerebral-palsy speaker becoming a lightning rod for exploitation criticism?

Candidly, no. As a result, Canadian political conventions get embarrassing TV ratings. The best nights for U.S. conventions are at the level of Super Bowl audiences.

ONLY IN AMERICA Sen. Al Franken and comedian Sarah Silverman speak during the first day of the Democratic National Convention in Philadelphia on Monday. THE ASSOCIATED PRESS

This is not about showbiz; it is about political mobilization. No one can dispute their approach is more effective than ours. Behind the scenes they do the private interpersonal work of party building. In public they do the work of introducing their voters to their choices in a compelling and high-impact manner.

Proof?

Each party typically gets a 3 to 6 per cent boost in popularity following their nights of celebration. Ours never do.

So the next time someone sneers at the "shallow American glitz" of U.S. political conventions, you might mildly point them to YouTube highlight reels: Goldwater's 1964 "Extremism is no vice!" speech, Jesse Jackson's bitter concession speech, Bill Clinton's stage-stealing speech in 2008 and a dozen others.

This year, turn to the DNC's "Studio 2016" on your smartphone to see not only a live stream of the entire convention but dozens of side alleys to interviews, profiles and commentary provided by a huge team of digital-production experts. Then be in awe of the ability of America's political professionals to meld star power, technology and political organization in a way no other democracy can do.

If you need further proof about impact, look up Cory Booker, as the networks split the screen to show the oratorical political star of his generation, Bill Clinton, stare at first skeptically and then with smiling interest and finally with ecstatic pleasure at Booker's barnburner. See Michelle Obama deliver a speech so stunning it will be studied for years. Elizabeth Warren's forensic evisceration of America's Berlusconi. And Bernie Sanders' demonstration of genuine political grace in rallying his heartbroken supporters to his enemy.

Imagine the young voter in rural Mississippi or a Newark slum moved by such oratory, seeing for the first time possibility and promise and potential. Then accept that yes, U.S. conventions are very American.

But no, they are not shallow. They are a key pillar of their democracy.

Robin V. Sears is a leadership fellow at the Broadbent Institute.

'Peg deserves better than to have Hull in hall

Colin Fast
Metro | Winnipeg

For the past 15 years, True North Sports & Entertainment has been an ideal corporate citizen in Winnipeg. It brought two professional hockey teams to town (the Winnipeg Jets and, before them, the Manitoba Moose), built an arena and a training complex, raised millions for charities and is investing millions more in redeveloping the city's downtown.

So why the hell is the company inducting Bobby Hull into its new Winnipeg Jets Hall of Fame?

Of course Hull is celebrated locally for his role in bringing pro hockey to Winnipeg in the early 1970s and for helping the Jets win several WHA championships. His exploits on the ice are unassailable.

Unfortunately, his well-documented troubles off the ice have largely been forgotten over the years. So maybe it's time for a refresher.

Hull's second wife, Joanne, accused him of abuse during their 20-year marriage, which included his time with the Jets. During one incident, she said, he threatened her life with a loaded shotgun. During another, she said, he beat her in the head with the heel of a shoe and then dangled her over a balcony. "I thought, this is the end, I'm going," she told ESPN as part of a 2002 documentary. And physical cruelty was featured prominently in testimony during the couple's 1980 divorce.

The abuse was corroborated by Hull's own daughter, now an attorney who specializes in domestic-violence cases, during an ESPN interview.

Hull remarried in 1984, and two years later was arrested on charges of battering his third wife, Deborah, during an argument in the parking lot of their Chicago-area condo complex. "There was evidence he had struck his wife in the face," police said at the time. "She had some contusions, some swelling."

Hull's wife later refused to press charges against him, but he did plead guilty to assaulting a police officer during the incident.

When he was asked by the National Post in 2010 about previous allegations of abuse, Hull said, "I think my wife is a better wife now than when we got married."

If that isn't repugnant enough, consider Hull's quotes in a 1998 Moscow Times story when he said the black population in the U.S. was growing too fast and that Hitler "had some good ideas. He just went a little bit too far."

Credible domestic-violence allegations, assaulting a police officer, and racism? Pro-Hitler sentiments? Geez.

This organization rightfully shipped Evander Kane out of town for skipping a few practices and restaurant tabs, yet it's going to throw a celebration for Bobby Hull?

This honour might make a few old-time hockey fans happy, but it's a crosscheck to the face of the wider community that True North has tried so hard to serve over the past 15 years. Hull may have been a great Jet, but the Jets, True North and Winnipeg are better than Bobby Hull.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter.

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metro LIFE
Your essential daily news

Mooove over conventional dairy

WATER BUFFALO

A boom in an unusual milk is being driven by foodie culture

Genna Buck
Metro Canada

At Gerry McClintock's home, buffalo roam.

Business is booming at his family dairy farm near Courtenay, B.C. — but not thanks to conventional dairy cows.

He raises water buffalo: docile, river-dwelling dairy animals of South Asian origin; not to be confused with North American bison or African buffalo — you'd be wise not to try milking either of those.

He's milking a growing market for products made with rich, creamy buffalo milk.

In the five years he's been in business, growth has been strong and steady at about 10 per cent a year, until now.

"Recently it's really started to take off," McClintock said. "We're expecting growth in the 30 per cent range this year."

About half his milk is made into yogurt even thicker than the Greek type, because it's so high in fat and milk solids and naturally exists in a homogenized state.

The rest is sold to producers of cheeses including mozzarella di bufala, an ultra-creamy Italian delicacy that's particularly tasty in a Caprese salad with tomatoes and fresh herbs.

Water buffalo from the McClintock family's herd near Courtenay, B.C. CONTRIBUTED

Georgs Kolesnikovs, founder and director of the Great Canadian Cheese Festival, is a fan.

"Buffalo milk makes an exceptional cheese. It's porcelain white. It's a richer, fattier cheese than cow's milk and the taste is a richer dairy taste," he said.

And nothing, he said, compares to buffalo ice cream: "The first time I had ice cream with water buffalo, I asked, 'What is this? This is just heavenly!' Very creamy, very rich, very white."

Kolesnikovs, too, has witnessed a buffalo boom. "When I started the first cheese festival in 2011, I think I could count the number of cheese producers using this milk on one hand. There were maybe two or three," he said. "Now there are probably two dozen."

Why? Growing interest in gastronomy.

"It's driven by the real cheese enthusiasts, the foodies. They want something better, more natural, healthier, more local."

McClintock recognized the demand for the types of products he produces: with no additives or imported ingredients, using animals that are 100-percent grass-fed.

But there's another reason he got into the buffalo business after years as a beef farmer. His daughter studied dairy farming and had wanted to get cows, but the amount the family would have to pay for a quota — a one-time fee of $43,000 per animal, according to the B.C. milk marketing board — "didn't make economic sense."

And buffalo yogurt and cheese, still niche items and mostly handmade, command a premium price, as opposed to commodity-priced cow's milk.

Still, Kolesnikovs doesn't expect Buffalo stuff to sell on par with conventional dairy any time soon. There's still a large group of Canadians who are icked out by buffalo dairy — possibly because it's "exotic" and unfamiliar.

They might warm up to the idea after meeting a water buffalo in person. Compared to cows, they're positively cuddly, with personalities, "just like a dog," according to McClintock.

"Supposedly they make wonderful pets, if you want a 2,000-pound pet," Kolesnikovs said.

NUTRITION COMPARISON

Per 100g of milk

Cow's milk	Buffalo milk
Calories 62	Calories 99
Protein 3.3 g	Protein 4.0g
Fat 3.3g	Fat 7.5g
Calcium 112 mg	Calcium 191g

U.N. FOOD AND AGRICULTURE ORGANIZATION

Mozzarella di bufala is a creamy Italian cheese made with buffalo milk. A version is now being made in Canada. ISTOCK

FARMING

Ontario pair is growing tropical fruit in the north

A business idea that's a little bananas

Terry Brake and Laurie Macpherson have started a tropical fruit farm in Blyth, Ontario. ISTOCK

Terry Brake was in a car crash 11 years ago that left him with a brain injury and forced him to quit his job as a mechanical engineer. He had to relearn how to walk and talk, and was unable to work longer than two hour stretches.

As part of his therapy, Brake was given a banana plant from his South African doctor to help relax him. That gesture planted an idea. When his longtime caregiver Laurie Macpherson bought a 40-hectare farm in Huron County the idea took seed. They became business partners and started a tropical fruit farm.

Growing bananas and papayas in Ontario's climate would appear to be an impossible endeavour without a sophisticated laboratory and team of horticulturalists. However, the two simply started seeding and graphing plants on their own and with lots of trial and error, it took root.

The cost of bananas is four for $2 while papayas are $3 each, compared to the average of $1.20 and $6 respectively at the big supermarkets.

Located in Blyth, about a three-hour drive west of Toronto, Macpherson and Brake needed a career change when they started the farm in 2010. The locals were skeptical when word got out they were growing bananas.

"We've been accused of growing pot or we were getting it from the food terminal," says Macpherson, who was previously a law clerk for 25 years.

"So we had open houses, asking them to come in and see it for themselves."

A cluster of 10 banana trees with broad, fragrant leaves hits you in the face as you step deeper into the hoop house, essentially a giant plastic tent with metal arches grounded by wooden planks. The bananas are still green and won't be ready for market for another week, but Macpherson goes into her house to fetch a plate of Lady Fingers, a type of fat little bananas with thick skins, that's sweeter than the Cavendish, the variety produced for export markets.

A circular path along the perimeter of the house is dotted with pineapple plants, long spiky leaves poke your ankles as you walk past trees sprouting guava, papaya and oranges. Brake, who acts as the farm's administrator, plucks a leaf from the lemon tree for me to smell. The scent was more intense than lemon zest.

"Our dream is to see growing everywhere and not have to depend on other countries and employ local people," says Brake, "We don't need to rely on boats or planes and we can have better tasting fruit that would otherwise rot during transport."

"We travel to the Dominican Republic and get tips from the plantations there. We also made a friend in Jamaica who works at a resort and showed us how to graph and grow the plants," says Macpherson. "We also learned that orange trees have to be constantly trimmed before they bear fruit, and that lemons have to be picked before they turn yellow or else they rot quickly."

This year, they're introducing lychee, starfruit and passionfruit. The one crop that failed to flourish? Coconut. The cold-sensitive tree didn't survive the winter and the two thought it was too much trouble to replant it.

But how do the rest of the plants fare since Ontario is far from having a tropical climate? When temperatures start dipping, the hoop houses are heated by an outdoor furnace fuelled by wood cut down on the farm's property. "We do select cutting," says Brake. "We have loggers cut trees from an area and we don't cut from it again for 20 years. We noticed in the last six years, our maple trees have gotten bigger because they have more room to grow now."

The duo's efforts aren't being universally praised by the community, however. The farm is currently facing multiple charges from the Township of Huron and Huron County as well as a single charge from the Maitland Conservation Authority for allegations including failure to obtain permits for its hoop houses as well as altering the wetland and clear-cutting on their property.

When contacted for a statement, The Township of Huron and Maitland Conservation Authority said they cannot comment on matters regarding ongoing cases.

Brake and Macpherson are scheduled to go to pretrial with the conservation authority in December and the next court date with the township is in October.

Brake is optimistic that the legal hurdles will clear by the end of the year. The two hope to expand operations and build 100 hoop houses on the property next year so they could reach other markets in Ontario like the GTA. "The county put us in a pickle but we're here to stay," says Macpherson.

TORSTAR NEWS SERVICE

FRUITS OF THEIR LABOUR

Here's just a few of the fruits that Brake and Macpherson have grown:

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LIQUID ASSETS

Vinho Verde perfect for summertime sipping

It's summertime and the drinking should be easy, with light, fruity reds and cool, crisp whites your go-to wines when the heat is on.

Though the list of whites staking claim to the title of the quintessential summer sipper is long, for me those from the Portuguese region of Vinho Verde (which translates to green wine) deserve the crown.

Located in the north western part of the country and stretching along the Atlantic coast, Vinho Verde grows close to 20 different white grape varieties which are mixed and matched to create a diverse array of wines.

Typically low in alcohol with a slight hint of effervescence and bright acidity wines like Sograpе's Gazela Vinho Verde ($9.05-$12.99) are a natural match for warm days and seafood heavy menus.

Best drunk young and colder than your average white (between 6°C-8°C), at nine per cent it's a refreshing wine you can have a glass or two of at lunch without needing a nap afterwards.

PETER ROCKWELL/METRO

‘Old Leia’ loves fishing for laughs on time off

INTERVIEW

Carrie filling Star Wars break with comedy gala in Montreal

Carrie Fisher and dog Gary on stage during Future Directors Panel at the Star Wars Celebration 2016 on July 17 in London, England. BEN A. PRUCHNIE/GETTY IMAGES FOR WALT DISNEY STUDIOS

Carrie Fisher is used to feeling the love from Star Wars fans, but some younger devotees have left the screen star in stitches with their unexpected reactions to meeting Princess Leia in real life.

“What’s hilarious is when they’re really teeny,” said Fisher in a phone interview from London, which played host to the recent Star Wars Celebration Europe fan experience.

“There was one yesterday whose parents brought her, and she was about five or six. And she was very disappointed because she didn’t want to meet the old Leia, which is how I think about myself: Old Leia! Like a horse that’s been put out to pasture,” added the wise-cracking star, laughing. “It sounds like an aftershave. ‘Old Leia!’”

Fisher recently wrapped filming the latest Star Wars instalment, and will be transitioning from a galaxy far, far away to a Canadian comedy stage this weekend. She is the headlining host of a Just For Laughs gala in Montreal on Sunday night, which is being filmed for TV and slated to feature comics including The Daily Show correspondent Ronny Chieng.

“I love comedians,” said the 59-year-old star, citing Sarah Silverman and Melissa McCarthy among her favourites.

“They’re very dark. They usually tell too much truth about themselves and reveal too much, so I find I have a lot in common with them.” The Force Awakens introduced fans to several new characters, including Rey (Daisy Ridley). When asked if Rey’s origin story — and a potential connection to Leia — will be revealed in the next film, Fisher said she’s as in the dark as fans are.

“I want to know that stuff too, but we have very little exposure to the script,” she said.

“We’re allowed to read it, and then mostly, it’s focused on your part, so you didn’t see it in a kind of overall context of it.”

> **I love comedians. They usually tell too much truth about themselves and reveal too much, so I find I have a lot in common with them.**
> Carrie Fisher

Fisher recently teamed with Canadian singer-songwriter Rufus Wainwright on Take All My Loves: 9 Shakespeare Sonnets.

She contributed a spoken word performance on the album, which features a star-studded lineup of contributors also including singer Florence Welch, actress Helena Bonham Carter and Canadian icon William Shatner.

“I’m always talking in Shakespeare’s sonnets anyway, and he (Rufus) just happened to be around with some sort of recording device,” she deadpanned.

“I’m very big friends with Rufus. He has such a great relationship with music in different ways. I mean, who gets involved in stuff like that? He’s very inventive.”

THE CANADIAN PRESS

JOHANNA SCHNELLER
WHAT I’M WATCHING

A sketch show that knows when to keep it short

THE SHOW: Baroness von Sketch Show, Season 1, episodes 3, 4, 5
THE MOMENT: The short sketches

Episode 3: The title card reads, “Moms Say Hello.” One by one, various moms knock on back doors, pass each other walking, answer phones, tentatively open basement doors. Each time, they trill “Helloooo” or “Hellew?” or “Heh-LO!”

Episode 4: Four office mates finish digging a grave, then roll in a wrapped corpse. “Stop crying,” one says to another. “We all agreed: F— Tom, marry Jane, kill Todd. Now call Tom, he’s going to be so excited.”

Episode 5: A woman approaches her very pregnant friend. “May I touch?” she asks. “Go ahead,” the friend replies. The woman reaches out and squeezes her friend’s breasts. “So beautiful, what a miracle,” she coos.

The CBC wisely renewed this series almost immediately after it began airing. Rejoicing abounds. The sketches are consistently fresh and funny, and here’s one big reason why: writer/performers Carolyn Taylor, Meredith MacNeill, Aurora Browne and Jennifer Whalen understand that some sketches are meant to be brief. That may sound simple, but it eludes too many comedy shows, including the granddaddy, Saturday Night Live. How many times have you laughed at an SNL sketch as it began, only to feel your smile fade as it drags on?

The women of the Baroness von Sketch Show approach a pregnant friend and squeeze her breasts. CONTRIBUTED

The Baronesses don’t belabour. This frees them up to cram the maximum amount of funny into 22 minutes. And as a viewer, you get to relax, because you know that if a bit goes longer — unlike the trio in Episode 5 who do an intervention with a pal who can’t tell a story right — it’s worth it. Baroness von Sketch Show just wrapped its first season on CBC-TV, but you can watch episodes online on the CBC website.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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ALL PHOTOS JIM KENZIE

REVIEW

New Fusion's features help take the pressure off

Jodi Lai
AutoGuide.com

My ex used to drive a Ford Fusion, so naturally, I don't have the best memories of it. I still get anxiety when I see an older version of the popular family sedan on the road — although thankfully the latest edition looks and feels different enough that it doesn't give me anxiety!

Ford is trying to take the anxiety out of everyone's daily commute by giving the 2017 Fusion a more upscale look and massive upgrades. Probably the most significant and stress-reducing improvement to the Fusion is the availability of an entire suite of driver assistance features: Active lane-keep assist, adaptive automatic highbeams, adaptive cruise control with stop and go traffic assist, automatic emergency braking with pedestrian detection, cross traffic assist (which can see cars up to 10 car lengths away), rear view camera, driver drowsiness alert, blind spot monitoring, and a new parking assistant that can park in parallel and perpendicular spots as well as help you exit a parking spot.

The best part of Ford's driver assistance tech is how intuitive and unobtrusive it is to use. The adaptive cruise control in particular was smooth and natural feeling. The fact it comes with stop and go, unlike many other cars with adaptive cruise, is a huge bonus that helps relieve the monotony of traffic jams.

Ford has gone to great lengths to ensure the Fusion's interior is smarter and more luxurious than before. Perhaps the best change to the interior is the center console: the maddening touch-sensitive buttons are gone in favour of real, tactile buttons.

I spent most of the time driving in a Fusion equipped with the 2.0L engine, which exhibited a fair amount of turbo lag and had a tough time mustering the strength to do a pass on the highway. It should be sufficient for most drivers, but it definitely doesn't make the Fusion feel sporty. There is a lot to be anxious about in today's world — bumping into exes, performance evaluations at work, worrying about how you will be judged for binge watching the entire latest season of Game of Thrones in one sitting — but the 2017 Ford Fusion does a really good job as a stress-reliever, and we need more of that in our frantic lives.

THE CHECKLIST | 2017 FORD FUSION

THE BASICS

Engine: 2.5L 4-cyl/1.5L EcoBoost 4-cyl/2.0L EcoBoost 4-cyl/2.7L EcoBoost V6
Power: 175 hp, 181 hp, 245 hp, 325 hp
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 10 city, 7 hwy (1.5L)
Price: Starts at $22,481

LOVE IT
- Clean, Functional Layout
- Great Driver Assistance Tech
- Stylish Look

LEAVE IT
- Feels Too Big
- Not Terribly Sporty

Hackers offered cash reward

SCREENGRAB

WRANGLER CONCEPT

Jeep celebrates military heritage

A unique commemorative Jeep Wrangler 75th Salute concept vehicle has been announced. Jeep has a rich history dating back to 1941, when the name symbolized a unique family of go-anywhere, do-anything vehicles, a spirit the brand is trying to capture in this concept. The one-of-a-kind Jeep Wrangler 75th Salute concept is a modern interpretation of the Willys MB and is based on a two-door Wrangler Sport. On the outside, it has received an olive-drab paint scheme.

JASON SIU/AUTOGUIDE.COM

HANDOUT

OLE YELLER

Tribute to a fighter plane

Say hello to the Ole Yeller Mustang, a tribute by Ford to an iconic fighter plane. This one-off Mustang will be sold at auction with benefits going to the Experimental Aircraft Association's youth education program, including the Young Eagles, a program which provides free intro flights to young people. A custom yellow paint job along with Ole Yeller accents and badging are fitted to set this car apart.

STEPHEN ELMER/AUTOGUIDE.COM

GARIA GOLF CAR

The Mercedes of golf carts

If you have ever wanted to stand out on the golf course, Mercedes-Benz has the perfect tool for you. The German automaker has revealed the Mercedes-Benz Style Edition Garia Golf Car, as an attempt to reinvent the world of the golf cart. The company calls it a "real sports car," and it's the result of a collaboration between Mercedes-Benz designers, Daimler's Think & Act Tank Business Innovation and golf cart manufacturer Garia. Three years ago, Mercedes-Benz called on golf and automobile enthusiasts from around to world to submit their ideas for a Mercedes-Benz golf cart of the future. Through the process, the automaker found that golf carts are have been unchanged for decades, and the designs submitted showed that the golf cart was long overdue for a makeover. The best submissions from the competition actually spurred the process for Mercedes to develop the golf car. Featuring short front and rear overhangs, the company says it slightly resembles a baseball cap, helping make it look low and sporty.

JASON SIU/AUTOGUIDE.COM

HANDOUT

WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

WHEELS IN BRIEF

New Tesla Model X 60D Brings $9K Price Cut

Tesla has introduced the new base-level Model X 60D which brings the price of entry down to $75,200 U.S. before incentives.

The new 60D can travel 322 kilometres on a full charge, about 60 kilometres less than the previous base model, the 75D, though it also costs $9,000 U.S. less.

Horsepower, top speed and 0 to 97 km/h time all stay the same for the new model, pegged at 328 hp, 225 km/h and six seconds respectively.

Tesla didn't specify if the Model X 60D is akin to the new Model S 60 in that there is actually a 75 kWh battery pack on board which has been limited. In the Model S, customers are offered the chance to upgrade range and power.

STEPHEN ELMER/AUTOGUIDE.COM

ISTOCK

INCENTIVES

FCA gives money to hackers that expose security risks

Fiat Chrysler Automobiles is taking a page from Tesla's book by offering hackers a cash prize for discovering potential cyber security weak points. Called the FCA U.S. bug bounty program, hackers will receive at least $150 and up to $1,500 per bug discovered, with the compensation amount depending on the impact and severity of the discovery. FCA has teamed up with bugcrowd, an existing network that includes thousands of hackers worldwide, all trying to discover issues in cyber security. Last year, a Jeep Cherokee was remotely hacked by a team of researchers who were able to control many of the vehicle's functions, from the HVAC controls to the brakes. More recently, a thief was shown starting a Jeep Wrangler using only a laptop. STEPHEN ELMER/AUTOGUIDE.COM

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1.8 SR model shown*

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SL AWD Premium model shown*

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Platinum model shown*

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AMVIC Licensed. Offers available from July 1 – August 2, 2016. ≈Payments cannot be made on a weekly basis, for advertising purposes only. †Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00). Selling price is $16,524 financed at 0% APR equals 84 monthly payments of $197 monthly for an 84 month term. $0 down payment required. Cost of borrowing is $0 for a total obligation of $16,524. $1,000 Finance Cash included in advertised offer. *Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00)/2016 Rogue Special Edition SV FWD (Y6SG16 AA00)/2016 Sentra 1.8 S M6 (C4LG56 AA00)/2016 Sentra 1.8 SV M6 Moonroof (C4RG56 MR00). 0.99%/0.99%/0.99%/0.99% lease APR for a 60/60/60/60 month term equals monthly payments of $258/$289/$170/$206 with $0/$0/$0/$0 down payment, and $0 security deposit. First monthly payment, down payment and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $15,455/$17,349/$10,194/$12,341. $1,100/$1,000/$1,825/$1,325 Lease Cash included in advertised offer. *Standard rate finance cash discount is applicable only to customers financing any 2016 Rogue SL Premium (Y6DG16 BK00)/2016 Pathfinder Platinum 4x4 (5XEG16 AA00) through NCF at standard rates. The cash discounts cannot be combined with lease or finance subvented rates or with any other offer. Certain conditions apply. **Models shown $37,469/$24,324/$49,319 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Sentra 1.8 SR CVT (C4SG16 AA00)/2016 Pathfinder Platinum 4x4 (5XEG16 AA00). **Freight and PDE charges ($1,795/$1,600/$1,795) air-conditioning levy ($100) where applicable, and $0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $15,455/$17,349/$10,194/$12,341. applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. For more information, see www.iihs.org. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

metro SPORTS

"I could change that into an A-plus on Sunday": Rory McIlroy who has given himself a "B" on the season heading into the PGA Championship

Jays add depth in outfield

MLB

Upton acquired in trade with San Diego

The Toronto Blue Jays addressed two needs with one deal Tuesday by acquiring Melvin Upton Jr. from the San Diego Padres for a low-level pitching prospect.

Upton's addition gives the team a quality veteran backup outfielder for the stretch drive and also provides stability next year in the event of free agency departures.

General manager Ross Atkins said he started talking with the Padres when right-fielder Jose Bautista suffered a toe injury in mid-June.

"What attracted us to (Upton) was several things: the defence at all three positions, speed, base-running, base-stealer, power, versatility and depth," Atkins said. "So I feel great about some of the pieces in the minor leagues, but adding him to our major-league team now and having another year of control seemed to make sense for us."

The Blue Jays also received cash from San Diego in return for 19-year-old Hansel Rodriguez, who's in his third season with Bluefield in the rookie-level Appalachian League.

Upton, 31, had a .256 batting average over 92 games with San Diego. He hit 16 home runs and had 45 RBIs, 20 stolen bases, a .304 on-base percentage and .439 slugging percentage.

In his Jays debut, Upton made a pinch-hit appearance against his former team on Tuesday night in Toronto and grounded into a fielder's choice.

"He's having a nice year," said Blue Jays manager John Gibbons. "So we think he'll add something."

Bautista returned Monday night after missing over five weeks of action. Michael Saunders is enjoying an impressive season in left field and Kevin Pillar is the everyday centre-fielder.

Upton said he hadn't yet talked to Gibbons about his defined role on the team.

"He said I was going to play, that we didn't bring you here just to have you here, that I was brought to the team to (help them) win," Upton said. "What that might be, I don't know. From what I understand, I'm going to be seeing a lot of lefties. I'm good with that. And whatever else he needs me to do, I'm up for it."

Upton is particularly strong against left-handed pitchers and could be slotted in at the leadoff spot if needed. Barring injury to one of the regulars, he'll likely be used as a late-inning replacement or when a starter needs a rest day or is moved into the designated hitter spot.

Bautista and Saunders are in the final year of their respective contracts. Upton, meanwhile, is in the fourth year of a $75.25-million US, five-year deal he signed with Atlanta before the 2013 season.

Upton will earn $16.45 million next year. Atkins declined comment on financial details but reports indicated the Padres will pay about three-quarters of Upton's remaining salary.

Upton was selected by Tampa Bay with the second overall pick in the 2002 draft and made his big-league debut with the Rays in 2004. THE CANADIAN PRESS
WITH FILES FROM THE ASSOCIATED PRESS

Im excited to join my new @BlueJays teammates today and can't wait to help continue the winning tradition that's been built here. #letsgo @MelvinUptonJr

Melvin Upton Jr. takes the field during batting practice wearing his new colours.
STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto spins wild pitch into walkoff

Devon Travis scored on a wild pitch in the bottom of the 12th inning, as the Toronto Blue Jays came from behind to beat the San Diego Padres 7-6.

Travis scored on a wild pitch from San Diego reliever Paul Clemens, who also walked two batters in the final inning. The Blue Jays (57-44) also manufactured a run in the seventh inning aided by wildness from the San Diego bullpen, with reliever Brad Hand walking two batters and throwing two wild pitches.

TUESDAY In Toronto

BLUE JAYS	PADRES
7	6

Travis's run capped a wild 12th inning. The Blue Jays went into the bottom half trailing 6-4, but Kevin Pillar and Darwin Barney scored ahead of Travis.
THE CANADIAN PRESS

IN BRIEF

Stoudemire calls it quits
Amare Stoudemire has retired from the NBA after signing his final contract with the New York Knicks.

The six-time all-star's greatest team success came in Phoenix as Steve Nash's pick-and-roll partner, but he chose to leave the NBA as a member of the Knicks, the team that had a lengthy playoff drought that ended after he signed there in 2010.
THE ASSOCIATED PRESS

Baby Slice turning pro
Kevin Ferguson Jr., the oldest son of late fighting star Kimbo Slice, will make his professional mixed martial arts debut next month.

Ferguson had his first amateur MMA fight in March, stopping his opponent in 83 seconds. The 24-year-old will fight on the undercard of Bellator 160 in Anaheim on Aug. 26. THE ASSOCIATED PRESS

Accuracy earns Masoli a weekly CFL distinction
Hamilton quarterback Jeremiah Masoli, Saskatchewan receiver Naaman Roosevelt and Edmonton quarterback Mike Reilly have been named the CFL top performers of the week.

Masoli led the Ticats to a dramatic 25-point comeback win over Edmonton on Thursday. He broke a CFL record for most consecutive completions (23).
THE CANADIAN PRESS

Goff off to the races

NFL TRAINING CAMP

Rams open up shop in return to California

Jared Goff showed up to the UC Irvine dorms a bit ahead of his fellow rookies Tuesday, getting a quick start on his first training camp with the Los Angeles Rams.

In truth, the Rams' quarterback of the future has been trying to get a head start since shortly after the team wrapped up off-season workouts a month ago.

The No. 1 draft pick has been working out at a high school near the Rams' new Thousand Oaks home base alongside fellow quarterback Case Keenum, rookie receivers Pharoh Cooper and Nelson Spruce and several others. They don't want to waste a moment in their quest to make the Rams' homecoming season a success.

"We were out there ... just running our routes and getting our chemistry down," Cooper said. "I had to get into the playbook, myself. (Goff) was calling plays, and I forgot some of them. I went to Jared's house a couple of times and hit the playbook with him."

The Rams decided not to make Goff available to the large contingent of media watching the rookies' arrival at camp Tuesday. Several cameras, including the crew from HBO's Hard Knocks series, shadowed the rookies' every move, and they'll do the same to the veterans on Thursday.

The Rams say they won't rush No. 1 pick Jared Goff into the starter's role if they feel he isn't ready. HARRY HOW/GETTY IMAGES

Keeping expectations at a manageable level will be a major task for coach Jeff Fisher and the Rams, who don't want their prize passer to carry any more burdens than the expectations and responsibilities already heaped on his shoulders. The Rams say they won't be concerned whether Goff or Keenum starts their season opener at San Francisco in early September.

"We're going to coach (Goff) to be successful, and we're not going to put him in with a chance to fail," Fisher said last month after the Rams' final practice. "That's the most important thing in developing a young quarterback."

Goff has several weeks and four pre-season games to get ready, and he'll have plenty of help from the youngsters making the journey with him.

When Cooper rolled up to campus in a new Porsche with cameras following his every move, his fancy wheels and broad grin couldn't hide his level of excited anxiety about the weeks ahead.

"About a 10 out of 10," Cooper said to describe his level of nervousness. THE ASSOCIATED PRESS

MORE FOOTBALL

Nelson's knee acts up
Green Bay Packers receiver Jordy Nelson, who is starting training camp on the physically unable to perform list, says he had a minor issue with his left knee this off-season.

Gordon back on sideline
Josh Gordon's return to football has been sidetracked again.

The oft-suspended Browns receiver, who was reinstated on a conditional basis by commissioner Roger Goodell on Monday, has a quadriceps injury that will keep him out for at least two weeks.
THE ASSOCIATED PRESS

ROGERS CUP

Shapovalov arrives ahead of schedule

Gilbert Ngabo
Metro | Toronto

With a victory over Nick Kygrios in the first round of the Rogers Cup on Monday, Denis Shapovalov showed the world he's ready for prime time. The 17-year-old Canadian dispatched the world No. 19 in three sets in front of his hometown crowd, delivering a performance that left his coach Adriano Fuorivia stunned.

"Yesterday was as far as I thought he would go," Fuorivia told Metro. "Anything more would be a bonus. For his age right now, he's already exceeded my expectations."

Hailing from Thornhill, Ont., Shapovalov grew up watching Milos Raonic and has tried to model his game after his big-serving countryman.

The formula seems to be working. Shapovalov won the Wimbledon junior title two weeks ago and was a runner-up in doubles.

Fuorivia said Shapovalov's game has matured in the past two years. His serve is developing nicely, his forehand is improving and his overall athleticism is continuing to grow, he said.

But perhaps most importantly, his mental toughness is starting to show.

"When a player can go through some draws and beat some good players, confidence shoots pretty high," said Fuorivia.

Denis Shapovalov GETTY IMAGES

The coach says Shapovalov's success is a testament to the depth of tennis both in Toronto and nationwide and a sign Canadians could soon be hoisting some of the sport's top trophies.

In addition to new challenges on the court, Fuorivia said, his charge is also learning to deal with life in the spotlight.

"He's just your average kid who loves playing tennis," he said. "He's out there signing autographs, taking pictures with everybody. He's handling it pretty well."

IN MONTREAL

Eugenie Bouchard thrilled her hometown crowd with a 6-3, 3-6, 7-6 (3) win over Lucie Safarova in the first round of the women's Rogers Cup on Tuesday.

Bouchard fell behind 3-1 in the tiebreaker but then put up six straight points, taking the win on Safarova's double fault on match point in a nearly sold-out Uniprix Stadium. THE CANADIAN PRESS

LEAGUE FIRST

Ref Thomas happy to move on to Year 2

Sarah Thomas was never hit by the pressure of being the first woman to be a full-time NFL game official until after her first season on the job.

It wasn't until this past off-season that Thomas pondered what really happened after accomplishing her goal, which was to work full-time at football's highest level and not necessarily be a trailblazer in doing so.

"When I first started all this last year, I said I don't feel the pressure of it or anything like that, and I don't feel as if I did during the season," she said. "But once I reflected back, I knew that there was a lot of pressure ... When I reflected back on it, I thought if something major had happened with being a first, not that I recognize myself as that, but just being a first, that it could have gone one of two ways. So I'm glad that it was a very smooth, under-the-radar, first year."

Thomas is now preparing for her second season as a side judge.

> **We just want to be officials; we want to go unseen.** Sarah Thomas

Dean Blandino, the NFL's vice-president of officiating, said Thomas "had the same bumps" as any first-year official.

"It was obviously big news last year, but she handled everything so well and she had such a poise and grace about herself," Blandino said this month at the NFL's annual officiating clinic. "It's a challenge for any first-year official. For a first-year official to also be the first female official, there were a lot of other challenges that came with that, and she handled everything really well and had a good season."
THE ASSOCIATED PRESS

IN BRIEF

Federer out for rest of year
Roger Federer is sitting out the rest of this season, including the Rio de Janeiro Olympics and U.S. Open, to protect his surgically repaired left knee.

Federer wrote on his Facebook page Tuesday that he needs "more extensive rehabilitation following my knee surgery earlier this year."

The owner of a record 17 Grand Slams titles turns 35 on Aug. 8.
THE ASSOCIATED PRESS

Russia's banned athletes total goes up to 85
At least 85 athletes from the 387-strong Russian Olympic team announced last week have so far been barred from the Rio Games in connection with the country's doping scandal.

International federations in canoeing and modern pentathlon ruled out seven on Tuesday, including an Olympic gold medallist, following earlier rulings in swimming and rowing.
THE ASSOCIATED PRESS

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RECIPE Chicken with Black Bean and Corn Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dish is a dinner trifecta thanks to a simple marinade, flavorful salad and 20-minute cook time.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Makes: 4 servings

Ingredients
- 2 chicken breasts
- 2 cups (475 ml) fresh or frozen (thawed) corn kernels
- 1/2 cup finely chopped red onion
- 2 cups (475 ml) cooked black beans, rinsed and drained
- 1 red bell pepper, cored, seeded and chopped
- 1/3 cup (80 ml) cilantro leaves, finely chopped

Marinade
- 2 Tbsp (30 ml) fresh lime juice
- 1/4 cup (60 ml) olive oil
- 1 Tbsp (15 ml) honey
- pinch salt and pepper

Dressing
- 2 Tbsp (30 ml) fresh lime juice
- 2 Tbsp (30 ml) olive oil
- 1 tsp (5 ml) honey
- Pinch salt and pepper

Directions

1. Preheat your grill. Place your frozen corn in a bowl to thaw.

2. In a bowl, whisk together your marinade ingredients. Use about 2/3 of it to coat your chicken.

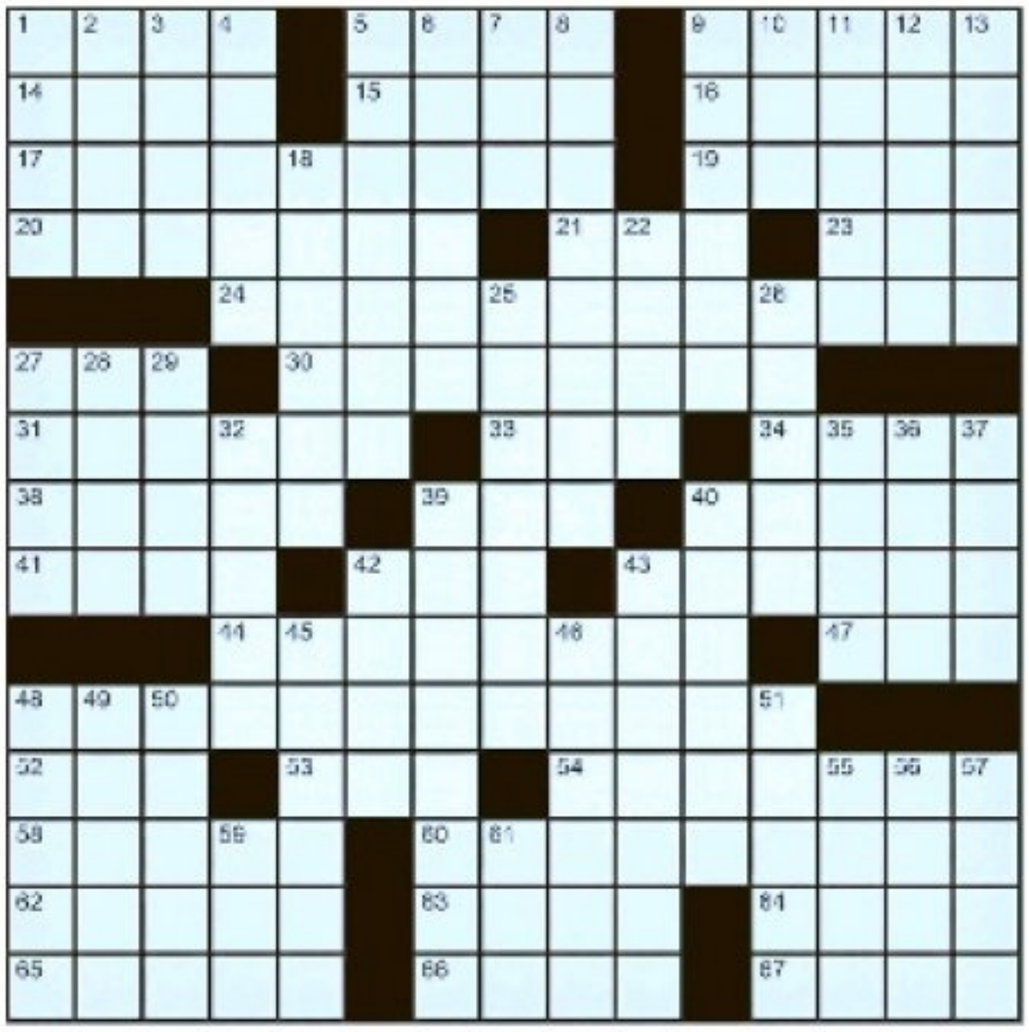
3. Rinse onions and place in bowl with black beans, red pepper and cilantro. Mix the dressing and pour over mixture. Stir in the corn.

4. Grill the chicken for 10 minutes over medium/high heat. Flip and grill for 10 more. Serve chicken with the mixture. Top with cilantro and a squeeze of lime.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Become dry, as lips
5. Suffix with 'Poet'
9. Certainly, casually
14. Wee writer
15. Connecting point
16. Anna Paquin movie, "The _" (1993)
17. Get scared in the haunted house: 3 wds.
19. Tranquil
20. High-ranking fleet officer
21. Pre-lah note
23. Mr. Rock
24. Canadian coffee/snacks chain: 2 wds.
27. Snowy _
30. Verve
31. Tap
33. Oz character's coating
34. Trails
38. Panache
39. Ceiling
40. _ moment (Perfectly sentimental time for a snapshot)
41. Curved music symbol
42. Sidekick
43. Change NaCl by dissolving it into water to become Na+ and Cl-
44. Way one carries oneself
47. Shooting marble
48. Canned fish for Canadian seafood brand Clover Leaf: 2 wds.
52. "Goodness!"
53. Comic actress Ms. Poehler
54. Mane mesh
58. Did tannery work, say
60. Next to
62. Courtroom excuse
63. Peru's capital
64. _-Dokie
65. Ballroom dance
66. Some brand name jeans
67. Profits

DOWN
1. _ Grande Ruins, in Arizona
2. Tinted
3. "Up and _ '_!" (Rise and shine!)
4. "Why Can't I?" singer Liz
5. Populate
6. "Cut that out!": 2 wds.
7. Web pop-ups, e.g.
8. Accidentally blurts out the secret: 2 wds.
9. Consequence
10. Chart-topper
11. Verse form of Japan
12. Without illumination
13. Carries
18. "Sesame Street" character
22. Norse deity
25. Cape Breton fiddler Ms. MacMaster
26. Hosiery material
27. Does in, hit-man-style
28. Partition
29. Hawaiian feast
32. Approximately, in dates
35. Mine passage
36. Strip by the Mediterranean Sea
37. Misrepresent
39. Traveller's tote
40. Walter _ (Chekov on "Star Trek")
42. Graduation ball
43. Some lizards
45. University in Wolfville, Nova Scotia
46. Comfy
48. Turkish honorifics, variantly
49. Georges Bizet's operatic priestess
50. Darken
51. Illegal intentional ignition
55. Sportswear brand
56. Change
57. Souvenir shirts, shortly
59. Tide variety
61. Don't truth-tell

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
An unexpected social invitation might come your way today, because this day is full of surprises that can even affect your children. To be safe, guard your kids against accidents.

Taurus April 21 - May 21
Stock the fridge today, because surprise company likely will drop by. Meanwhile, your home routine might be interrupted because a small appliance might break down. (Groan.)

Gemini May 22 - June 21
Spontaneous, unexpected events will change your daily routine today. An unexpected short trip is an example. You will enjoy meeting new faces, seeing new places and learning something unusual and different.

Cancer June 22 - July 23
You're full of clever moneymaking ideas today. However, finances are unpredictable. Keep your eyes open! Double-check all money transactions. Keep your receipts for spontaneous purchases.

Leo July 24 - Aug. 23
Today you're restless and eager to do something fresh and different. Stay light on your feet so you can go with the flow. Accept spontaneous invitations.

Virgo Aug. 24 - Sept. 23
Unexpected secrets might come out today. Or you might make a breakthrough in some kind of research or study of the past. You might discover an old photo album.

Libra Sept. 24 - Oct. 23
This is an exciting, stimulating day! Stay active so that you can avoid boredom. Your problem-solving abilities are tops, because you're thinking fast and your intuition is strong!

Scorpio Oct. 24 - Nov. 22
Bosses, parents and VIPs likely will surprise you today in some way. If offended, do not quit your day job. Be open to new suggestions and new ways of doing things.

Sagittarius Nov. 23 - Dec. 21
Sudden travel plans will fall in your lap today. In fact, you will love anything that introduces you to foreign countries or different cultures.

Capricorn Dec. 22 - Jan. 20
Stay in touch with your bank account because something unpredictable might affect your shared property, taxes, debt and finances.

Aquarius Jan. 21 - Feb. 19
Make plans to socialize with a friend or partner today, because you don't want to be bored. Conversations with others will have an exciting, electric quality.

Pisces
Feb. 20 - March 20
(Feb. 19 to March 20)
New technology might be introduced at work today. Perhaps a new staff member? Something unusual will make your workday exciting and different.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		9			4		7	
					7	3		6
8					3		4	
						8	9	7
4	9	6						
	5		8					1
7		1	2					
	2		9			6		

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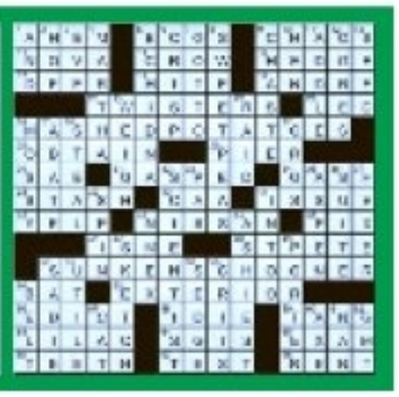
4	1	5	6	7	3	9	2	8
7	3	8	2	9	1	6	5	4
6	2	9	4	5	8	1	7	3
1	9	6	7	4	2	8	3	5
8	7	2	3	1	5	4	9	6
5	4	3	9	8	6	2	1	7
2	6	7	1	3	4	5	8	9
3	8	1	5	6	9	7	4	2
9	5	4	8	2	7	3	6	1



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